

# Finger Lakes Trail NEWS

Spring 2013



## Inside...

- \* New Trail Off Road
- \* FLTC Spring Weekend 2013
- \* The Trail of Surprises



# President's Message

Pat Monahan

As I begin to write this in the middle of winter, I must tell you that it is 60 degrees and overcast. The snow has melted away in my favorite snowshoe locations and I am ready for spring!! I suspect my wishful thinking will quickly drop with the chilling temperatures to finish out winter 2012/13. Even though spring (a.k.a. mud season to some) is not that far away, I am ready, willing and able to make the first footprint for the season.

I promised in my last message to give you a more complete review of our November Board retreat at the Letchworth State Park Conference Center. The days were filled with meetings followed with time for reflection, conversations at mealtimes and a walk in the park to refresh the body, mind and spirit. We had a productive weekend:

- The 2013 budget was reviewed with some adjustments and approved.
- Our long-range plan was reviewed and updated. There were only minor changes: update membership targets (from 5% to 4% increase to reflect a downtrend in our membership numbers); identify new member demographics to target membership and marketing strategies; publicize awareness of protecting the trail forever (with trail easements) to our members and affiliate clubs.
- The updated safety manual was reviewed and approved with a few additional revisions.
- A SUNY Geneseo student marketing study was discussed. Implications and further review with our new Vice President of Membership and Marketing will occur later this year.
- Our organizational chart was reviewed and updated and is now on the website. It was also agreed to change the Directors of Crews and

Construction and Trail Inventory and Mapping to Vice President levels pending membership approval at the annual meeting. This will require a change in our by-laws as well as our Guide to Responsibilities documents for each position.

- Website and online store issues were discussed.
- We determined we would pilot a newsletter publication process with a volunteer newsletter editor and a paid graphic designer (in house) to determine its efficiency and effectiveness.
- The question of trail register uniformity along the entire trail system was raised and tabled for further discussion in the future.

I am very pleased to announce that Irene Szabo has taken over as our Newsletter Editor. She will be assisted by Brenda Reeb. Jennifer Hopper in our office, with the help of our Executive Director, Dick Hubbard, will be responsible for layout and design. The spring issue is the second from this group. I have received many outstanding comments about the winter issue and expect more of the same as we move forward.

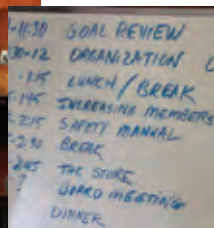
During the month of March, you will receive a mailing about our annual membership drive and our annual meeting. Your membership renewal is critical to the health of our organization. I hope you will continue as a valued member and find a few of your friends to join with you. Your membership helps the FLTC fund the many projects that help to build, maintain, enhance and promote a continuous footpath across New York State. Forever. As a member, you can vote on by-law changes and a slate of new Board members (see page 10) at our annual meeting on June 1 during the Spring Conference at Alfred University. I encourage you to attend and have your voice heard at the meeting.

Finally, I want to publicly thank all of our landowners who give us permission to walk on their land. We would not be able to enjoy the FLT trail system without the permission of over 400 private landowners! I have encouraged them to consider a trail easement that would give us permission forever. I remind each of you to say thank you to the next landowner that you see. Those few words of gratitude go a long way in demonstrating our appreciation for those beautiful views along the trail.

Go ahead; read the rest of the newsletter later. For now, "Go take a hike!"



Photos by  
Irene Szabo



Flip chart with Saturday's  
agenda of ambitious topics.

Board members at November retreat. At least  
the surroundings at Letchworth State Park's  
Conference Center are grand, both inside and out.

# SPRING 2013

## Mission Statement

The mission of the Finger Lakes Trail Conference is to build, protect, enhance, and promote a continuous footpath across New York State. Forever!

## FINGER LAKES TRAIL NEWS

Volume 52 Number 1

Finger Lakes Trail Conference  
Service Center  
6111 Visitor Center Road  
Mt. Morris, NY 14510  
(585) 658-9320

**Editor**  
Irene Szabo

**Editing Assistance**  
Brenda Reeb

**Layout/Graphic Design**  
Jennifer Hopper

**End-to-End Update**  
Jacqui Wensich

**Trail Medicine**  
Bob Michiel

**Walking through Time**  
Irene Szabo, Tim Wilbur

**Natural Connections**  
John A-X. Morris

**FLT Archives**  
Georgeanne Vyverberg

**Executive Director**  
Dick Hubbard

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Send address changes to Finger Lakes Trail Conference at the Mt. Morris address listed above or [fltinfo@fingerlakestrail.org](mailto:fltinfo@fingerlakestrail.org).

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**FRONT COVER:** The trail goes through a charming sheep pasture in Garwoods on Map M8, Allegany County. Here during a hike in May 2007, the group sat for lunch. This same place will be featured during a hike planned for our spring weekend this year. Photo by Jacqui Wensich.

**THIS PAGE:** Railroad bridge as viewed from our trail below, in Letchworth State Park. Its days are numbered, but as you can see from the number on each base, it's already 138 years old! Walk beneath it at the Upper Falls during the Spring weekend. Photo by Jacqui Wensich



# The Trail of Surprises

By Rachel Frey

"Now, THIS is a real vacation," I said to Josie as we sat on rocky shelves under the cascading water of the falls of the Canaseraga Creek.

"Ohhh, Rachel," she sighed appreciatively, "I love it too! It feels like someone hammering on your back!"

Joining us, my husband Merv relaxed too as the water massaged our backs, washing away all the sweat and grime of our 11.7 mile hike of the day. This gorgeous waterfall was right by our campsite. We were dayhiking a section of the North Country Trail/Finger Lakes Trail, and Sun Valley Campsite near Arkport, NY was our "home" at night for the first three days.

Josie, our ambitious friend, had started driving at 3:30AM and travelled over five hours to start hiking with us on our first day. Waterfalls were one of her favorites. We were delighted to find this one especially for her! Since Josie was dayhiking five days with us, it meant we could go from Fox Hill Road on Map M8 (outside Dalton, Livingston County) to Birdseye Hollow State Forest (Map M12, southeast of Hammondsport, Steuben County) in eight days instead of nine. Dayhiking meant we could eat "real" food and have showers every night!

Over the last eight years Merv and I have backpacked or dayhiked sections of the North Country Trail nearly every year. After hiking on the Appalachian Trail for six months thirteen years ago, we have hiked portions of the North Country Trail in bits and pieces on vacation time. On the Appalachian Trail, we were used to extravagant views from 4,000 or more feet up. No longer would we expect the huge mountains and rock climbing of the Appalachian Trail. But not knowing WHAT to expect kept this trail very interesting. After

hiking over 400 miles on the North Country Trail, we thought we were used to new ideas of beauty. Rocks, water, sweeping field views, walks through farm fields and state forests... "The North Country Trail has a different type of beauty," we decided. But this year made us chuckle.

Pot-bellied pigs? A dog kennel? Donkeys braying? Goats running around curiously? Horses staring solemnly at us? Alpacas peeping their heads from a barn door? What next?

A sign proclaimed "A spoiled rotten dog lives here"! Another sign told us to "Please close

mud. Merv was not happy. We were done....unless....he straddled the ditch and pushed against the front fender and I heaved from the back end while Josie gunned the car after turning the wheels the way Merv instructed....she got out partway and stopped.

"Go!" I shouted.

She gave it some more gas and we were OUT!

"OK, now what other surprise will happen today?" we wondered.

A ladder-like affair appeared. A stile! A new one for Josie. We climbed up and down the stile and found Bozzard's cabin, which included an outhouse. This is a private cabin open to hikers. Dairy cows grazed contentedly in the adjoining pasture. Crossing fences lined with electric wires, we came to a wide field bordered with fence posts. It was a photo op for Merv with his zoom lens. He caught bobolinks perching on the fence posts.



Merv enjoying a farmer's hay field. By Rachel Frey

and latch gate". We did. A detour road walk after leaving Fox Hill road made us miss "the major gully and the very worst of many to come," according to the guide. Instead we passed foxgloves, butter & eggs flowers and daisies. Striding over the road walk, Josie and I reviewed the two years of our lives while we were apart from each other. With such far-reaching views from the road tops on a breezy sunny afternoon, we did not mind the road detour.

One morning Josie was parking her car in "shoulder parking," only a few feet of grass before a 1½ foot ditch. Just a little too far and the car's right wheel went down into the soft

After seeing a thriving farm, we passed an abandoned barn which saddens Merv and me, ex-dairy farmers. After climbing up a hill past the abandoned barn, we entered the state forest. Were we done with surprises for the day?

A dammed-up pond and....

"A beaver house," I exclaimed. "What a huge one!"

Although we saw no beavers, just the fact of actually finding a beaver pond qualified as another "surprise" of the day. But we were not finished yet.

A road walk past a field complete with round hay bales, an old manure spreader and a hay wagon set Merv

to snapping photos. Josie likes waterfalls. Merv likes farms. After the beaver pond, we came to the Bill Morris pond. A beautiful reflection! I like reflections.

An orange newt, rows of pine plantations, puncheon logs, a rock table someone made, a field of Christmas trees, a railroad track. Around every corner was something new. We signed our trail names "Trail Vet, Old Salt & Supersister." Hiking through Hornell in the early morning, I caught a glimpse of the three of us in a store window. Another reflection! After passing another abandoned barn, I heard a faint sound that might have been frogs chirping just to the right of the trail. A faint path took me to another pond with a most spectacular reflection. This was becoming a most interesting hike!

Seeing yet another deer, we began counting. In eight days we would see 24 deer. A vertical wall of rock lined an old rail bed. Woodpeckers poked holes in many trees. We saw the spiny thorns of honey locust and a new tree I had never seen, a crack willow. There were flowers---chickory, purple flowering raspberry, elderberry bushes, hawkweed (yellow and orange) & and buttercups. This was June, not early spring!

But a most unpleasant surprise was awaiting us. HEAT! We had come to New York expecting it to a reasonable summer temperature, because, after all, it was north of our home which is the southern part of Pennsylvania. I do not like heat, but nevertheless, we were going to get heat, of the 90 degree variety! Before crossing a road in midday I saw what I wanted. Water! Both Merv and I dipped our heads in the water. Natural air conditioning! After a hot road walk we stopped on a newly built bridge for lunch in the SHADE before passing through yet another red pine plantation. Hot or not, this hike was a not a dull experience! Back at Lake Demmon campsite, Josie and I submerged ourselves in the lake. But even after a shower Merv and I sweated in our tent that night.

On Josie's last day, we left very early to avoid as much of the heat as possible. We had seen an ever increasing number of windmills while travelling to and from our starting and ending places. Climbing up Spencer Hill

Road we came to a nice pavilion with a good view of windmills. Merv was fascinated by them. During a snack break and also to cool down, we counted the number of revolutions per minute. 12!

Hunting for a supposed beaver dam along the road, I discovered a small fawn in the water. Beckoning without making a sound to Merv and Josie, they crept up to see the last surprise of our five days together.

In the next three days, Merv and I backpacked the rest of the trail to Birdseye Hollow. I could write about bear tales, extremely hot road walks, difficulty finding blazes, a sand production place of business, Randy's Roost, Mitchellsville Gorge, multiple switchbacks up Mt. Washington, two young teen hikers and meeting other fellow hikers, but that would make another story!



Josie Swatzentruber on the right and me, somewhere between Burleson and Hughes Roads, between Hornell and Bath on Map M10.

Membership renewal time is fast approaching.  
Please renew your membership early.

Thank you.

## Hunting Seasons 2013

Remember that there is a spring turkey season, 1-31 May, from ½ hour before sunrise until noon, and a youth turkey hunt 20-21 April. Check the map, too, for sections of trail closed during this season. Blaze orange during May mornings would be the safest choice.

Bow and fall turkey	Oct 1 - Nov 16 plus Dec 10-18
Gun	Nov 17 - Dec 9 and don't forget that some counties now allow rifles in addition to shotguns
Muzzleloader	Oct 13-19 plus Dec 10-18
Coyote	Oct 1 - March 31
Small mammals	Oct 25 - Feb 15



**Finger Lakes Trail 2013 Spring Meeting**  
**Hosted by Genesee Valley Hiking Club**  
**Alfred University, Alfred, NY**  
**May 31, June 1-2, 2013**

**Highlights**

Guided hikes – FLT Maps M 7, 8, 9, L1 and L2, from easy to strenuous

Friday and Saturday evening programs

FLT store open all weekend – purchase maps, t-shirts, hats, logo clothing, patches, and other items.

For more information, please contact Ron Navik [ron.navik@frontiernet.net](mailto:ron.navik@frontiernet.net) (phone 585-377-1812)

**Schedule of Events**

Friday May 31 Alfred University / Olin Building

11:00 Registration table open

12:00 Noon Hikes depart

6:00 - 7:30 Dinner – Olin Building /Ade Hall

7:30 – 8:30 Program – Trekking through Nepal with Dave Drum – Olin Building Lecture Hall

Saturday, June 1 Alfred University

7:00 – 8:30 Breakfast – Ade Hall/pick up trail lunches

9:00 – 9:30 Hikes depart

4:00 – 5:00 FLTC Annual Membership Meeting – Olin Building

5:30 – 7:00 Dinner – Ade Hall

7:00 – 7:30 FLTC Welcome, announcements and awards – Olin Building Lecture Hall

7:30 – 8:30 Program – Climbing Mt Kilimanjaro, Tanzania, Africa with Paul Hoffman - same

Sunday June 2 Alfred University

7:00 – 8:30 Breakfast – Ade Hall/pick up trail lunches

9:00 – 9:30 Hikes depart

9:00 – 12:00 FLTC Board Meeting – Olin Building, all are welcome

**Directions to Alfred University**

From I-86 (NY 17), take exit 33. Follow signs for the University and Rt 21 South. Take Rt 21 South until Rt 244 West into Alfred. Follow Rt 244 until Main St. (Rt 12). Stay straight on Main St into the village. Turn left on Saxon Drive, then take first left on Park St. and check in at Olin Building.

**Lodging Option**

Traditional Residence Hall room @ \$54/person/for the weekend (Fri & Sat). Bring your own sleeping bag or linens, pillow, and towel. Bring a fan if temperatures are hot, as there is no air conditioning.

Camping is available at the University's Foster Lake camping area, about 3 miles from the main campus at \$10/person/night.

Saxon Inn (on campus) @ \$89/room/night (plus tax). Contact Saxon Inn directly (607-871-2600) and give them group name Finger Lakes Trail Conference in order to get this special reduced rate.

Econo Lodge – 7462 Seneca Rd., North Hornell, NY 14843 607-324-0800. 15 min. north of Alfred

Day's Inn – Rt 36 and Rt 17, North Hornell, NY 14843 607-324-6222. 15 min. north of Alfred

## Meals

Cafeteria Plan \$65.00/person Includes Friday dinner, Saturday breakfast, trail lunch, and dinner, Sunday breakfast and trail lunch.

Several restaurants are also available nearby in Alfred and Almond.

## Other Information

Parking is OK for the weekend in any legal parking spot on campus, whether it is labeled faculty/staff, student or visitor parking, as long as you are not blocking a fire lane.

Smoking is not permitted in any University buildings

Alcoholic beverages may be consumed only in dorm rooms.

Pets, skateboards, in-line skates, and/or rollerblades are not allowed anywhere on the University Campus.

## Hike Schedule

Please use letter designations when registering for hikes. All hikes depart from the Powell Campus Center Building.

### Friday, May 31

- A. FLT Map M8 New Access 5 to 7, 5.1 miles. From Swain to Slader Creek Rd. Moderate. First half is relatively flat, mostly old rail bed, then follow a rocky creek bed up beautiful Garwoods gully, with great views from the top, ending with a long downhill. 12 Noon Leader: Kraig Quinn
- B. FLT Map M8 Robinson Loops, near Swain. 7.4 miles. Strenuous. Start at Swain Ski Area and hike all three loops, including a steep climb up the back of the ski area, through beautiful old woods, around songbird sanctuary open fields, and along a meandering creek, returning to the Swain parking lot. 12 Noon Leader: Paul Hoffman.
- C. Letchworth Branch of FLT Access A to D, 6.5 miles. Moderate. Start at junction with Genesee Valley Greenway in Mt. Morris, hike past great views of the gorge and dam. First of 3 hikes to complete the branch trail this weekend. 12 Noon. Leader: Irene Szabo  
Option: Meet at Dollar General on NY 36 in Mt. Morris, just south of river bridge, across from Sickles Ave, at 12:45.
- D. Map M9 Access 7 to 10, 7.5 miles. Moderate to Strenuous. Start at Bishopville Rd. alternating woods and road walks, crossing two large hills with great views, to Webbs Crossing Rd. Hike includes new off road section. 12 Noon. Leader: Jon Bowen

### Saturday, June 1

- E. Map M7 Access 4 to 2, 5.3 miles. Moderate. Start at Fox Hill Rd., with a long downhill to beautiful Keshauqua Creek, then go through a combination of woods and field edges, ending on Short Tract Rd. 9:15 Leader: John Casella
- F. Letchworth Branch of the FLT Access G to M, 9 miles. Moderate to strenuous. This is the southernmost part of the Letchworth Branch and has great views of the gorge, high falls and the railroad high bridge. Goes through the "slide area" which will be muddy and uneven. Second of 3 hikes to complete the branch trail this weekend. 9:00 Leader: Mike Yunker
- G. Stonybrook Park. 7 miles. Moderate to strenuous. Another beautiful, but lesser known gorge, near Dansville. Big uphill near the beginning of the hike followed by level and downhill hike. 9:15 Leaders: Paul & Fran Burns
- H. Alfred. 3 miles. Easy. Check out the interesting historical areas of Alfred and Alfred University **Note: 1:00 Start.** Leader: Laurie McFadden, University Archivist
- I. FLT Map M8 Access 1 to 5, 9.1 miles. Strenuous. Starting at Fox Hill Rd., the trail



parallels NY 70 well above its valley, crossing numerous steep sided gullies, then drops to cross NY 70 and climbs again through a new steep section in Rattlesnake Hill Wildlife Management Area, then down to Swain. 9:00 Leader: Larry Telle

- J. Map M8 Part of the Robinson Loops. 4 miles. Easy. Trail follows old rail bed east from Swain, and returns on the yellow Robinson Loop. 9:30 Leader: Barb Navik
- K. Map M9 Bush Rd. (Access 4) to Map M8, Swain. 12.3 miles. Strenuous. Starts with a short road walk, but continues through some beautiful State Forest Land. Several large hills. 9:00 Leader: John Schmitt

## Sunday, June 2

- L. Letchworth Branch Access D to G, 9 miles. Moderate to Strenuous. This is the middle section of the Letchworth Branch, with many gully crossings and some views of the gorge. Final of 3 hikes to complete the branch trail this weekend. 9:00 Leader: David Kennedy
- M. FLT Map M7 Access 1 to 2, 5.9 miles. Moderate. Cross the Genesee River at Whiskey Bridge and eventually climb the east side of the valley to beautiful views overlooking a large meandering oxbow on the river. Trail continues past the Hesse Lean-to, site of the Wally Wood (FLT founder) stone monument, and on to Short Tract Rd. 9:15 Leader: Jon Kreckman
- N. Map M9 Access 1 to 4, 6.9 miles. Moderate to Strenuous. Start at Slader Creek Rd. and climb up to the State Forest land and hike through beautiful forests to Bush Rd. Views. 9:15 Leader: Larry Telle
- O. Letchworth Park Falls Hike, 5 miles. Moderate difficulty, but leisurely pace. See the three falls that make Letchworth Park a prize jewel. 9:30 Leaders: Ann Bayley and Jim Moody



*Remember the front cover, from a sheep pasture in Garwoods, Map M8? Take this hike over the spring weekend and maybe you'll be invited like this 2007 hike group was to see the lambs in the barn.*

*Photo by Jacqui Wensich*



## Spring FLTC Alfred University Weekend Registration – May 31, June 1-2, 2013

Name(s)\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_ZIP\_\_\_\_\_

Phone(s)\_\_\_\_\_e-mail address\_\_\_\_\_

Local hiking club affiliation\_\_\_\_\_

Emergency Contact

Name/Relationship\_\_\_\_\_ Phone \_\_\_\_\_

Any allergies, medications, or illnesses you would like to disclose for your own personal safety?

### Conference Registration

GVHC and FLT members \$10, Non Member \$15      # of people      \$ amount

I am **not** currently an FLTC member and would like to join:

\_\_\_\_ Individual \$25      \_\_\_\_ Family \$35 (discount for new members + discounted registration)      \_\_\_\_\_

I am a member, but have not yet renewed my membership for this year:

\_\_\_\_ Individual \$30      \_\_\_\_ Family \$40 (contact office for other categories)      \_\_\_\_\_

### Lodging

Residence Hall \$54/person for weekend      \_\_\_\_\_

Camping \$10/person/night      \_\_\_\_\_

**Meal Package** (\$65/person, \$32.50 for kids 4-9)      \_\_\_\_\_

**TOTAL ENCLOSED** (registration, lodging & meals)      \_\_\_\_\_

### Hikes

Please indicate choice by letter for each day, and # of people for each hike

Friday\_\_\_\_\_ Saturday\_\_\_\_\_ Sunday\_\_\_\_\_

**Please read and sign the following:** Those persons enjoying the Finger Lakes Trail (FLT) and or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own wellbeing, or, for the wellbeing of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to the variations in weather and terrain conditions which may involve the risk of injury or death, and that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

Print\_\_\_\_\_ Signature\_\_\_\_\_ Date\_\_\_\_\_

Print\_\_\_\_\_ Signature\_\_\_\_\_ Date\_\_\_\_\_

Make all checks payable to Finger Lake Trail Conference, and mail your completed form by **May 3, 2013** to:

Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510

# Invitation to the Annual Meeting

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., on June 1 at 4 p.m. at Alfred University in Alfred, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees (names published below) for the Board of Managers. Other nominations may be made according to our bylaws. A proxy form for those unable to attend the meeting will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

## Nominees for the FLTC Board of Managers

### Class of 2016

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on June 1, 2013, at the Annual Business Meeting at Alfred University. Members who cannot be present are urged to mail the proxy form they receive with their membership renewal letter.

#### Gene Bavis, Walworth

I served briefly on the FLTC board in 2000. During that time frame we decided that we would move operations out of Howard and Dorothy Beye's basement to a new office in Mt. Morris, and hire parttime staff. I had recently retired from over 30 years of teaching, and had a lot of experience in District and Council-wide Scouting administration as a volunteer, so I applied for the new job of Executive Director, where I spent the next 11 years. I retired in June 2012 and then served as interim VP of Membership & Marketing for 6 months. I am interested in staying involved with the FLTC, so I have agreed to seek a 3-year term on the Board of Managers. I believe that my experience and 11 years of institutional memory may be beneficial.

#### Cate Concannon, Geneseo

Cate Concannon grew up in Rochester, but left New York after college. Her love of hiking flourished while living in Arizona and the Pacific Northwest. Since

returning to NY in 2005, she has happily explored many hiking trails all around the state. She was privileged to serve on the board of the Triple Cities Hiking Club until her relocation to Rochester in 2008. Cate works at the Center for Community Health of the University of Rochester Medical Center, and is (finally) graduating in May with a Masters in Public Health. She lives in Geneseo with her husband David and cat, Steve, and manages the Geneseo Farmers' Market. She looks forward to diving back into more hiking once home renovations and graduation are complete.

#### Dave Drum, Hammondsport

Age 64, lifetime member of FLTC, joined the FLTC board in 2010, chairman of the Land Navigation Committee since June 2011, project manager for the Hickory Hill lean-to in 2011, worker bee for the Tamarack lean-to in 2010, certified chain sawyer... you see the kind of mischief you can get into being a volunteer!!!! My favorite sections of the trail are the ones in my backyard, Map M12, Urbana State Forest including the Huckleberry Bog loop, the Mount Washington switchback workout (just try walking up as fast as you can and stumble your way back down), and Mitchellsville glen. When not volunteering for the FLTC, I am a semi-retired instrumentation engineer at Corning, Inc. When I'm not working for Corning or the FLTC, I love to paddle canoe and kayak, hike, fish and travel to interesting places to do any or all of the above.

#### Donna Flood, Clarence

Donna Flood is a retired music teacher and longtime member of Foothills Trail Club. She serves as their publicity director, grant writer, and FLTC representative. She organizes publicity activities for clubs at various WNY outlets, clubs, and service organizations. She serves on the FLT Membership and Marketing Committee. An active hiker, she just completed the Conservation Trail and plans to hike the rest of the branch trails of the Finger Lakes Trail System. She and her husband Jim organize and maintain the Foothills web site and recently updated the site to include PayPal and Animoto links. She is chair for the Fall Campout 2014.

#### David Tuttle, Pittsford

I am a licensed Civil Engineer with interest in the promotion and design of green *(continued on next page)*



# Executive Director Report - Spring 2013

Dick Hubbard

*Thanks... and I can do **WHAT?***

It seems that one of the most important things we can do in our Finger Lakes Trail Conference magazine is to thank all of our members and volunteers for their time and support. Our organization is very lucky to have many dedicated people who send in dues and contributions, volunteer on trail projects, committees, and the Board of Managers, attend meetings, manage our direction, and, of course, allow us to use their property, both private landowners and public agencies. All who receive this magazine contribute in some way and together we have made wonderful progress across the state. Thanks to each of you.

While the daylight hours lengthen and we begin to close down the winter season, we look forward to the many planned activities that are highlighted in this issue. Included also is a listing of volunteer opportunities. I encourage you to be an active member in the Conference and participate in any way you can.

Recently, while out on the trail with some hiking friends, they were kidding me about hiking with the "Executive Director" as they made sure they signed the trail register noting such. This jesting, however, sparked an idea that I wish to implement --- a new hiking opportunity --- the occasion for anyone to **Hike with the Executive Director!** I see this as a great way to meet members, volunteers, landowners, and business associates and to have a chance to share ideas, interests and experiences. Rules are easy: get in touch with me and together we will try to arrange a mutually agreeable hike and date. I am doing this on my private time and expense, so obviously, there are some constraints with travel and availability, but I will try hard to get in at least one hike a month. Then, I will highlight our outing in an upcoming edition of the *News*!

Enjoy the *News* and I'll be waiting to hear from you about your ideas, input or to schedule a hike.

*David Tuttle, continued*

initiatives including trail design, bicycle and rail to trail design.

My family and I have enjoyed and appreciated the outstanding recreational opportunities the Finger Lakes offers us including our love of hiking, biking, and kayaking and I welcome the opportunity to give back as a member of the Finger Lakes Trail Conference. I reside in Pittsford and I have a summer residence on Conesus Lake.

I recently completed a nine year term on the Southeast YMCA Board of Management, was a member of the Property Committee, and co-chaired the 2008 and 2009 Invest in Youth Campaigns, both of which exceeded goal. I am a past member of the Town of Pittsford's Park and Recreation Advisory Board. My volunteer work with both of these groups allowed me to bring my engineering background to some of the challenges of each of these organizations.



*This from my hike Dec. 4th with Carol Renninger from Cape May, N.J., and Tom Jenks from Elbridge, N.Y., both FLTC members and longtime hiking friends. Dec 4th was a 66+ degree day during hunting season. We hiked up through Birdseye Hollow State Forest near Hammondsport, Map M12. We hadn't put our blaze orange vests on yet. Afterwards we tasted wine at Bully Hill winery. Tom took the picture.*

**Contact:** Dick Hubbard  
716-604-8380  
[rdh@buffalo.com](mailto:rdh@buffalo.com)

## **FLTC Office Hours**

We are normally open Mondays and Thursdays, 9:00 to 2:30, but there are frequent exceptions, so call ahead if you want to be sure: 585-658-9320

## **CLUB PRESIDENTS' COUNCIL MAY 18**

The Finger Lakes Trail Conference is hosting a Presidents Council meeting on May 18 from 10-2 at the First Congregational Church in Canandaigua. The purpose of the meeting is for clubs, affiliates, and other interested organizations along the trail to network with each other as well as learn more about the Finger Lakes Trail Conference. Presidents or their representatives are invited to attend. Invitations with a tentative agenda will be sent to various organizations. If your organization would like to attend, please contact the office at [fltinfo@fingerlakestrail.org](mailto:fltinfo@fingerlakestrail.org) or 585/ 658-9320.

# Bug Bites

*A Collection of News Items for Hikers*

## Letchworth Branch Trail:

### **HUGE changes coming!**

The railroad bridge over the Genesee River gorge in Letchworth State Park has long been a major visual attraction for park visitors of all stripes, whether they are gazing upriver from a viewpoint along the road on the west side of the park, or are looking up from our trail 200 feet below on the east side, where we walk on the old Pennsylvania Railroad railbed/Genesee Valley Canal towpath that is part of our Letchworth Branch Trail. The steel and iron trestle has carried trains above since 1875, and this one was preceded by an all wooden bridge from the 1850's as part of the original Erie Railroad.

Now Norfolk Southern needs a modern bridge there, one that doesn't require frequent repairs, a 10 mph speed limit, and cars loaded lighter than current maximum standards in order for it to remain a viable rail route. Plans are nearing final stages for a handsome steel single arch trestle to replace the current one, about 75 feet further south and parallel, with hopes that construction can begin this summer.

During the three years of anticipated construction, our trail should not be disturbed according to the Draft Environmental Impact Statement circulated this

winter; however, for safety reasons several temporary closures are anticipated, amounting to a total period of six months spread over those three years. So it is critical for hikers to check the Trail Conditions portion of our website before ANY planned hike there, starting some time later this year.



Jacqui Wensich

We have requested that the contractor be responsible for putting up closure signs at each end of the affected segment, signs with a map for the route around the closure, but do not have a response yet from the Dept. of Transportation.

So don't miss the hike on June 1<sup>st</sup> during the FLTC Spring Weekend, which might be one of your last chances to walk beneath Letchworth's 138 year old Portageville Bridge!

*Irene Szabo*

## **New Look for Finger Lakes Trail Maps**

If you've purchased FLTC maps recently, you will have noticed changes in appearance. Here is a summary of major changes:

- Lines for the trail tracks rather than the old style bubbles. You can now see the twists and turns of the trail more clearly. See the old and new format comparison below.
- Improved contour line visibility.
- Major roads now are yellow interior with black outline (old maps had a thinner solid black line for these).
- Smaller and more consistent legend boxes. More roads are revealed on many maps.
- Map names in both upper corners of the back of the map.

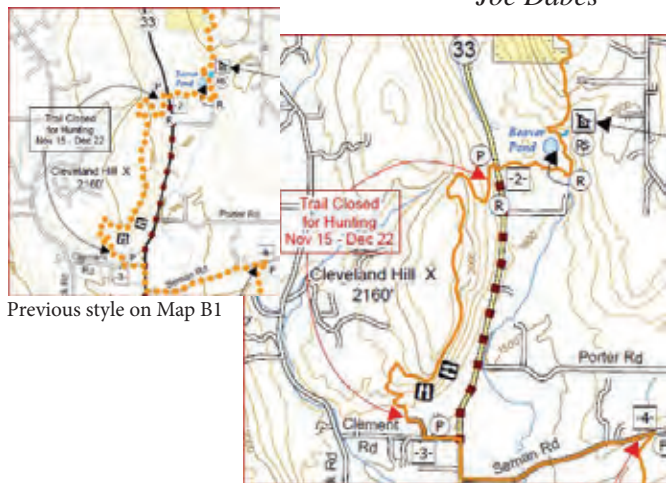


*Portageville railroad bridge over Letchworth State Park gorge, something you won't be able to see in a couple more years. Catch a hike beneath it during our spring weekend at Alfred. (pg 6)*  
*Photo by Ray Goll, NY Office of Parks, Recreation, and Historic Preservation*



I thank Don McClimans, Greg Farnham, the Land Navigation Committee, and the FLTC Board of Managers for all their suggestions on how our maps could be improved.

*Joe Dabes*



Previous style on Map B1

New look on Map B1 of the Bristol Hills Branch.

## Membership & Marketing Report

By way of history, our very first Vice President of Membership & Marketing position was established more than a half-dozen years ago and Jay Zitter agreed to serve. She kicked off our attempts to be noticed by tourism agencies, got our website linked to other websites and vice versa, and organized a network of marketing representatives. Jacqui Wensich took over from Jay in 2008 and created many PowerPoint presentations to help us tell our story. In July 2012 with my retirement as Executive Director, I agreed to serve as interim VP until Peggy Coleman could take over this January.

I am happy to report that we held a very productive meeting of the Membership and Marketing Committee in Ithaca on January 27. Peggy works in the tourism and marketing business as the President of the Steuben County Conference and Visitors Bureau. Her marketing expertise and focus will help us better coordinate our various marketing and communication projects. The elements of our plan include brochures and rack cards for distribution, our website, the *FLT News*, our Facebook page, an electronic newsletter, our Yahoo e-group, mailings, presentations to groups (service clubs, Scouting groups, college students), press releases, exhibits at such events as the State Fair and various festivals, coordination with affiliate clubs, and our Passport program. The goal for 2013 is to increase FLTC membership by 4%. We hope that all FLTC members will help us by renewing their own

membership this spring and by encouraging their hiking friends to join us as well.

The Membership & Marketing Committee is looking for more volunteers. Ideally the committee will consist of some FLTC Board members, but also those who don't have other leadership responsibilities. We are also looking for volunteers to help us staff exhibits at the various events. If you are willing to help, please contact Peggy Coleman at [marketing@fingerlakestrail.org](mailto:marketing@fingerlakestrail.org) or the FLT office at [FLTinfo@fingerlakestrail.org](mailto:FLTinfo@fingerlakestrail.org)

*Gene Bavis*

## Open Space Plan

Since 1990 the Department of Environmental Conservation (DEC) and the Office of Parks, Recreation, and Historic Preservation (OPRHP), in conjunction with regional citizen advisory committees, has created a document every three years called the Open Space Plan, which aims to provide direction to public agencies about where to spend money and effort to do the most good toward conserving open space in our state. This winter regional committees and agency representatives have convened again to review the last Plan and write a new one, so a committee is now at work in your DEC region.

Any expenditure of public money is tied to the priority guidelines in the Plan: in a nutshell, if your favorite place or project cannot be tied to a site mention in the Plan or a described priority area of concern, it won't qualify for a nickel. To the best of my knowledge, we have members on only two regions' committees, #'s 6 and 8, covered by Mary Kuntzler-Larmann and Irene Szabo, respectively. While both the Finger Lakes Trail and the North Country National Scenic Trail are clearly valued recreational resources in every plan since 1990, we know that vigilance in policy protection is important, as are opportunities to protect some of our most vulnerable private property permissions when they come up for sale.

Every regional coordinator has been asked for properties of concern, to see if they can qualify for either listing or protection under one of the policies in the Plan, but I have heard back from only two coordinators, both in region 8 (a wide swath from Rochester to Corning). Time is short, since Albany expects our committees to be done before Memorial Day.

*Irene Szabo*

# New Trail Off Road

By Ron Navik

Photos By Irene Szabo

## Sections on Maps M 8 and 9, Allegany County

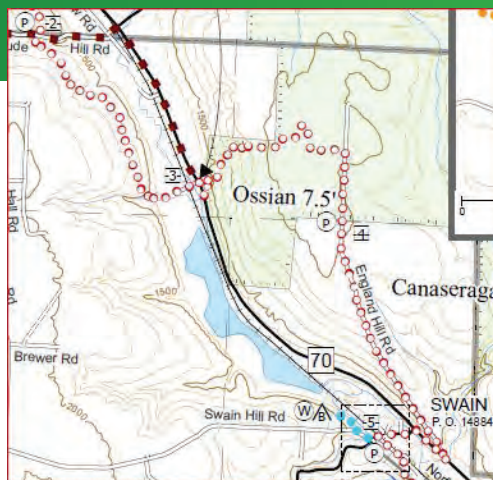
This summer the Genesee Valley Hiking Club moved several sections off road due to the generosity of several landowners and the DEC. Previously a new landowner had asked to have the trail moved off their land on M8 west of Swain, NY. This required a long road walk on busy NY Route 70 or a much longer walk on a series of gravel roads high above. After working with many landowners in the area, it appeared that the best solution would be to drop down to Route 70 from the old trail and cross, only to climb up into the Rattlesnake Hill Wildlife Management Area along an extremely steep hillside, and come back down on English Hill Rd. to rejoin the trail in Swain. Eastbound, hikers will climb from elevation 1320 feet at NY 70 up to the summit at 2020' in a mile, while the descent back down English Hill Road is at least spread over two miles.

After meeting with DEC Manager Dana Hilderbrandt and his staff at Rattlesnake Hill WMA, a route was agreed on that would cause the least interference to any rattlesnakes that may be on the hillside, skirt a beautiful waterfowl nesting pond and make use of some of the existing trails in the WMA. The trail up the hill follows a series of switchbacks that have been "benched" or "sidehilled" to make the going a little less intimidating and give hikers a level tread for their feet. Otherwise they'd have to grow one leg longer than the other! Thanks to landowners Larry Bailey and Mitch Terry, the trail now connects directly into this beautiful new section.

On Map M9, the area around Pennsylvania Hill near Hornell also has been a long road walk for several years due to a new landowner who asked to have the trail moved. Thanks to landowners Dan Stutzman and Kevin Wilkins who agreed to have the trail extend to other areas of their property, the trail is now in woods and fields, with several beautiful long distance views.



Another welcome move off road on Map M9, west of Hornell.



Slice of M8 new route. Note those elevation lines!

## Dramatic Switchback Climbs: An Appreciation from Irene Szabo

Nearly twenty years ago I rewarded myself after a three-day business meeting in Maryland by hiking the WHOLE state on the Appalachian Trail, all 40 miles of it, north to south. Since it was April, along the ridge where most of the trail resides trees were still leafless, and sometimes the brisk west wind gave me a cold right ear. Nights still frosted. However, on the third day I started descending very gradually, and began to see spring rise to meet my footsteps. Leaf buds appeared, redbud trees were blossoming, and during the final big descent there was actually greenery and it grew warm! Overall I descended from elevation 1200 to 250 ft. in that one day, much of it along the final well-crafted switchbacks on the Weverton Cliff, a 700 foot descent.

The trail deposited me at the towpath of the Chesapeake & Ohio Canal along the Potomac River on welcome level ground. While I descended the long final switchback, I was continually grateful that I had not walked south to north, which would have forced me to climb Weverton with a full pack, and that whatever the climb had been like, it had just recently been replaced by this well-built trail.

That was a long time



The tread beneath those footprints is level, side to side, but here we can appreciate how steep the hillside is. Imagine standing on the slope below the tread and digging into the hillside.



ago, back when there was still a spring in my step, but I tried a small sample of such a climb again anyway, climbing some of the new switchbacks up Rattlesnake Hill in 2013, where Ron Navik and Larry Telle spent innumerable days last summer digging a benched trail in long gradual switchbacks. To enhance my



*Looking across the valley the trail now crosses after descending from the saddle in the distant hillside. The bottom seems far below us, but I've only just barely begun the climb!*

appreciation of what they had done, I had just built my own first real sidehill benching to effect a reroute on the Letchworth Branch, but the hill to be cut into was modest compared to Rattlesnake. Nonetheless, I had learned it was tough work. Just finding a place to plant my feet below the intended tread on that slope, with branches piled on the downhill side after the first stage of clearing, gave me screaming ankles from the torture of working at that angle. If I didn't locate my feet far

enough away from the path, I'd whack my knees with the near end of the tool handle. And then, after the fuss of finding a place for my feet, I'd have to move again after a few strokes with the mattock to carve out a level tread for hikers' feet. Sisyphus and his damned rock...

Larry Telle, his only helper, said, "Ron put twice as much time into the trail as I did. We had a fun time doing the trail, knowing that we would be sore that night, each time we went out. It meant swinging a mattock for 5-10 minutes, then breaking to catch our breath. It is such a steep hill that some of the sections required us to dig holes for our feet, then trench for a few feet from the same location before moving sideways."

How like Ron, not to ask for help from a wider group, and then just modestly claim that his club did this project. If you're able, try out this new trail during one of the offered hikes during our spring weekend. Me, I'll probably never finish it.



*An unmarred bit of obvious benchwork curves around the shoulder of a hill ahead. Bless the long lens.*

### **FLT News SUBMISSION GUIDELINES**

Without your material, we cannot have a magazine, so we eagerly request your submission of pictures and text for every issue. Please send both to Irene Szabo at [treeweenie@aol.com](mailto:treeweenie@aol.com), or 6939 Creek Rd., Mt. Morris NY 14510.

Please don't embed pictures within your article, but send them separately as .jpg attachments. Do not refer me to your picture collection hosted by some other picture-hosting site! In all cases, please supply photographer's name.

Front cover photo candidates: prefer vertical format, and if digital, at least 300 dpi or greater than 3000 pixels, AND we are always looking for great cover photos! Inside pictures look much better with one dimension over 1000 pixels, too, preferably 2000.

Next deadline for Vol. 52, Issue 2 Summer is May 17, 2013.

Remember that 900 words equal approximately one page of dense text, so very few articles should exceed 1800 words in this size of magazine.

Thank you!

Your volunteer editor, Irene (585-658-4321)

Layout and graphic design, Jennifer Hopper

Editorial Assistance, Brenda Reeb

Article removed at author's request



Article removed at author's request

# From the Archives

By Georgeanne Vyverberg

## SIDNEY TUTHILL

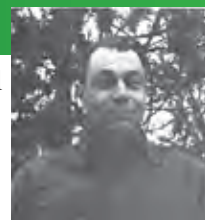
Our last magazine so impressed one member that she gave a substantial donation for TWO memberships in the Forever Society in memory of her husband Sidney Tuthill. While Sidney's name may not be familiar to many of you, he was a significant presence in the 1970's and 1980's. Sid was a longtime member of the Onondaga Chapter of ADK when he heard about the Finger Lakes Trail and its quest to build a trail across New York State. He soon was assisting and leading weekly hikes with the ADK to make this happen. Terry Giarrosso remembers with fondness those hikes, where they talked to landowners and planned and built nearly ten miles of trail in the Syracuse area. She says they had a lot of fun while they worked and that Sid's sense of humor was always there even when things were difficult. They also hiked the area that became the Central New York Chapter's portion of the North Country National Scenic Trail. In those early years he served on a committee to study what our relationship to the North Country Trail would entail.

Sid was Vice Chair of ADK Onondaga Chapter in 1972 -1973 and the Chair in 1976-1977. He was FLT Vice President in 1971-1974 and also on the Board of

Managers again from 1975-1977. Bill Coffin says Sid was the ADK-ON Chapter's Trails Chair from 1970-74, was a trail steward himself and led many of the work crews. By 1979 the Chapter had completed 43 miles of trail, 8 miles of flagged route, plus 6 miles were under construction.

Sid taught Engineering Graphics at Syracuse University but left to become a successful insurance Agent. He was a member of the Better Business Bureau and Consumer Advisory Council. Sid's wife Mary of nearly 50 years tells me he was an "inveterate joiner." He went wherever he saw the need to help and was for many years an EMT with his local ambulance corps and a member of the Nordic ski patrol.

While Mary was not a hiker she was involved in helping out wherever she could and was often at conferences where she worked at registration and other activities. When Sid was unable to drive due to health problems she drove him to meetings and conferences until the early 1990's. While his ability to work physically for the trail conference was diminished, he remained a concerned and interested member. Mary Tuthill's generous donation to the Forever Society continues that concern and interest.



## The Forever Society

In 2007, upon the celebration of his 90th birthday, Ed Sidote gave a stock certificate to the FLTC valued at approximately \$1,250 rather than accepting gifts.

The foundation for The Forever Society had begun, and the FLTC's leadership made it FOREVER!

We are what we will become

### You can become part of our FOREVER legacy!

Our mission is to "build, protect, enhance and promote a continuous footpath across New York State - **FOREVER!**"

Follow nearly 50 others who have given to "**what will become**" by joining the Forever Society! Your donation will be part of the special Sidote Stewardship Fund that is reserved for trail protection and improvement projects. Please consider joining today. There is no better time to begin - FOREVER.

#### The Forever Society Pledge Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St./Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Pledge Amount: \_\_\_\_\_ Paid: ☐ Now ☐ \_\_\_\_\_ Years

(Signature)

(Date)

#### Your Pledge:

An amount that matches or is greater than \$1250 as a single gift or paid through installments within a five-year period.



# Faces of the FLT

Kim Meacham

**Age:** I am not retiring ☹️

**Birthplace:** Hornell, NY

**Residence:** Hornell, NY

**Occupation:** Nurse Practitioner

**Favorite Outdoor Pursuits:** Anything that involves the outdoors

**Other Interests:** horses, travel, motorcycling

**How I “met” the FLT:** Years ago the trail was developed behind my parents’ house on Tobes Hill in Hornell. I contacted the FLT somehow through the information on the trail marker (long before the resources of the internet!), signed up for a group hike near Fillmore with my 5ish year old son, (which by the way, we could not finish) and the rest is history.

Relationship to the FLT: End-to-End #149, Branch Trail End-to-End #43, trail maintainer on M10, Steuben County Series Hike Co-Coordinator, Hiking 101 Co-Coordinator, random hike leader

**Favorite Section of the Trail:** Depends on the moment. The trail can become glorious with blue skies and pure white snow and not so with thunder, lightning and boot sucking mud!

**Memorable FLT Experience:** Every minute spent hiking while completing our End-to- Ends with my father, Don French.



Terry and Kim in Alaska. He's the one with the big mustache.

# Faces of the FLT

Terry Meacham

**Age:** I am retiring next month!!!

**Birthplace:** Hornell, NY

**Residence:** Hornell, NY

**Occupation:** RN

**Favorite Outdoor Pursuits:** Anything that involves the outdoors

**Other Interests:** horses, travel, motorcycling

**How I “met” the FLT:** Years ago the trail was developed behind my in-laws’ house on Tobes Hill in Hornell. My father-in-law became interested in hiking and we decided to go with him. We met many wonderful folks and have ongoing relationships with them and still hike with them many years later.

Relationship to the FLT: End-to-End #150, Branch Trail End-to-End #42, trail maintainer on M10, Steuben County Series Hike Co-Coordinator, Hiking 101 Co-Coordinator, random hike leader, and FLT Board of Managers member in my 7<sup>th</sup> year.

**Favorite Section of the Trail:** Hard to say. The trail, even though it is still follows relatively the same track, is ever changing and evolving. So...every time I am on it, no matter where, it is a favorite!

**Memorable FLT Experience: Good:** Every minute spent hiking while completing our main trunk and branch trails with my father-in-law, hiking dog Spike (picture on the cover of the FLT magazine ?date?) and a very special close group of hiking friends.

**Less good:** Ground bee attacks requiring Epi-pen and Benadryl three times, twice in one year!.

## Thank You



Landmax Data Systems, Inc. 5919  
E. Henrietta Rd. Rush, NY 14543  
(585) 533-9210  
www.landmaxdata.com

Donor of land boundary research and property information for the Finger Lakes Trail and the North Country National Scenic Trail

# End-to-Ender #351

Kirk Doyle

I grew up in New York and loved being outside camping and exploring the woods when I was a kid. My family used to camp at Watkins Glen, Letchworth and Darien Lake State Parks without having any idea the Finger Lakes Trail or its branch trails even existed. I didn't discover the trail until 2007 when I was looking for some trails inside Allegany State Park. I was always interested in the Appalachian Trail but never had any idea New Yorkers had their own shorter version. It didn't take long for me to get hooked on the trail.

I started my end to end in September 2008 with my dog Scarlet and spent the next four years hiking the trail in sections. I began in Allegany State Park and made my way east to the Catskill Mountains. We finished in October 2012 at the trail's eastern terminus. It took us a total of 56 days of hiking to finish the trail and we couldn't have done it without Ann and my mom dropping us off and picking us up all across New York State.

We met so many great people (both hikers and non-hikers) along the trail, but most days we wouldn't see anybody. We did meet future end-to-enders Will Roden (#286), Mary Ann Cascarino (#287), and Don Sutherland (#288) one morning in 2009 while camping in Klipnocky State Forest.

Also, Kim Meacham (#149) & Terry Meacham (#150) helped us out when we hiked through the Hornell area. They shuttled us to the trail and even let us camp out in Kim's parents' backyard for a couple nights. Kim's dad, Donald French (#151), finished the trail with Kim and Terry in 2002.

We met a few more end-to-enders in 2010 while working on our own. John Nesbitt (#48) was out doing maintenance when we were hiking through New Michigan State Forest and we met Ed Sidote (#3) the next day in Bowman Lake State Park.

I might have seen more end-to-enders but the last one I know of was this last fall in 2012. Rick Roberts (#51) was leading a hike along the FLT, but we were heading in different directions and just stopped to talk for a few minutes when we crossed paths.

We saw other day hikers and people spending time in the woods, but people who were out in their yards



Kirk Doyle

*Kirk and Scarlet. Bets here among our large editorial staff are that this was taken at Little Rock City high in a state forest on Map M3, north of Salamanca.*

on the longer road walks always seemed to stop us. They would offer the dog water and ask what we were doing. A lot of people had no idea the FLT went right down their road when I pointed out blazes painted on telephones poles or road signs.

It was a great experience to see New York from a different perspective. I tried to get out at least seven to ten days a year and work on our end to end. We were lucky to spend four weeks hiking in June 2009.

We had plenty of sunny days on the trail but had our share of rain & muddy paws. The miles always seemed to go by way too fast, though. I couldn't have asked for a better hiking companion than Scarlet. She carried her own backpack and walked just as many miles as I did without a single complaint.

Over the years while working on the main trail, we also spent time hiking the branch trails that are part of the FLT System. We have completed four of the branch trails and plan to finish the last two.

Thanks again to all the volunteers who spend their free time working on the trail for everyone to enjoy. Without my friends and family I wouldn't have been able to get to the trail and back home every year. When we started in 2008 the western trail was an hour from home in Hamburg, Erie County. However, in 2012, the eastern end of the trail was 6 hours one way.

Every night I would sit around the fire and write a journal for the day. This is the link to all my journals and pictures while hiking the FLT.

[www.trailjournals.com/FLTEnd2End](http://www.trailjournals.com/FLTEnd2End)

- Happy Trails



# End-to-End Update

By Jacqui Wensich

No new end-to-enders this winter. Imagine.

**Email or call me as soon as possible when you complete your end-to-end hike to assure that you receive your correct number. Your application and documentation can come later. Photos are always appreciated.**

It is important to send updates and notice of your intention to hike end-to-end for both the main and branch trails to me. Often simple tips can help you avoid difficulties. The End-to-End hiking pull-down on the website also has suggestions, forms and information. You are still welcome to contact me directly.

Always check [www.fltconference.org/trail](http://www.fltconference.org/trail) conditions for the **latest** reports.

## Updates:

Rachel & Merv Frey from Pennsylvania are hiking the NCT portions of the FLT and will continue on the NCT.

Luanne Vallese of Triple Cities Hiking Club, Binghamton, and Larry Telle of Rochester (ADK-Genesee Valley and Genesee Valley Hiking Club) have declared their ambitious intentions to walk the whole main FLT, too.



*Ed reclining, Rufus standing, September 1990 as Ed finished the trail.*

## Comments:

When hikers are completing their end-to-end hike together, YOU decide who finishes first, second, etc. I would rather assign a requested number. From Ed Sidotes' own words in an interview with Michael Warren Thomas at the Keuka 50<sup>th</sup> Anniversary Celebration, "I ran ahead of my hiking partner Rufus so I could get #3."

Ed says he was joking. Here is the real story from Ed, who finished in September 1990.

*"When we (Ed and Rufus Perkins) hiked the section from Tobes Rd. near Hornell the route was so poorly blazed that we got lost and wound up miles from our car. A carpenter came by in a station wagon, stopped, and asked us where we were going. We told him Rt. #70A and he said we were miles from it and that he would take us back there. So he took us to our car. It was late in the P.M. so we were fortunate that he stopped and took us back.*

*There was a holiday weekend coming up the next week so I arranged with Bob Muller to take us thru this section of trail as he had hiked it and knew where it went. Rufus was unable to go with me that week-end so I went alone and Bob guided me over the route so I finished my End- to- End by filling in that section and became #3. Rufus hiked that section at a later date.*

*Bob Muller and I re-blazed this section of trail for future hikers so that they would not get lost like we did. George Probst took that photo of me lying on the ground. He was our Car Spotter for the west end of the trail and he did the hikes with us as we had two cars, his car and ours. Now over twenty years later, George visits me a couple times a year and stays overnight. Comes the middle of the P.M. and leaves after breakfast the next morning. I enjoy his visits. It is over a 200 mile drive for him one way."*

(Bob Muller #5 in May 1991 established a fund to pay for the end-to-end badges we still enjoy today.)

## Car Spotters:

Here is another nice comment I received about our wonderful car spotters: "We have been very happy with spotters who helped us before. Names that come to mind are: Charlie & Marian Mowatt, Paul Hoffman and Jane Schryver, Lincoln Brown and June Meyer, Bob & Candy Detrich. It is most appreciated since we drive up there and need some place to leave our car while we hike for a week." Rachel & Merv Frey

**NOTE:** Thanks to those who have become spotters. Car spotting is a great assistance for hikers, so accepting the offered gas money gives hikers a way to thank you back.

We ALWAYS need more car spotters, so please email [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com) to apply or find the form directly from the website. This includes the Branch Trails.

As always, from Ed Sidote: Happy Hiking!

(For a complete list call or email below)  
Jacqui Wensich, End-to-End Coordinator  
20 Sunrise Hill, Pittsford, NY 14534  
585-385-2265 or email  
[jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com)

# Trail Medicine: Tick-borne Diseases that Pose Risks to Hikers

By JoAnne Oliver, Ph.D (end-to-ender #27 in 1994 )and Mark Polhemus, M.D.

*Note: Dr. Oliver, a Research Scientist with the Arthropod-Borne Disease Program, Bureau of Communicable Disease of the State Health Department, New York State, and co-author of "Ticks on the Trail," which appeared in the Spring 2010 News, and Mark Polhemus, M.D., an Infectious Disease specialist, researcher and colleague at the Upstate Medical Center in Syracuse, have collaborated on this Trail Medicine article about tick-borne illnesses apart from Lyme disease, which are emerging in the Finger Lakes area. Bob Michiel*

"Ticks are vulgar little creatures" is a quote attributed to Dr. Jorge Benach, one of the researchers who helped to discover that a bacterium (*Borrelia burgdorferi*) that causes Lyme disease was transmitted by the deer tick (*Ixodes scapularis*). Given what we know about these "vulgar little creatures," most fail to see their benefit to the world. Country music singer Brad Paisley wrote a song about the side-benefits of ticks, by flirting with a girl in his hit song "Ticks:"

♫ I'd like to walk you  
Through a field of wild flowers  
And I'd like to check you for ticks.  
Oooo, you never know where one might be ♫



The song reached the top of the Billboard Hot Country Songs and may have done more for tick awareness than anything else has.

In New York state the geographic distribution of the deer tick has increased since the 1980s. Finding deer ticks in central New York was rare until 2007 and rare in western NY until 2009. Originally detected in only the southeastern area of the state, the deer tick is now considered to inhabit each of the 62 counties.

Nymphal and adult deer ticks are collected state-wide by staff of the Vector Surveillance Unit, New York State Department of Health (NYSDOH). To collect ticks, staff walk in tick habitat and sweep a white cloth across leaf litter and vegetation. Ticks on the prowl for blood will respond to cues such as vibrations, shadows, carbon dioxide, and body heat, and grab the cloth. Ticks can't fly or jump so the cloth must make contact so that the tick can grasp it with its legs. The researcher checks the cloth every minute to see if ticks are crawling on it. The ticks are removed with tweezers and held in collection tubes. Collected ticks are microscopically identified to species and to life stage and tested for three pathogens at the NYSDOH Wadsworth Center Biggs Laboratory in Albany. Test results are then provided to state departments ,agencies, and parks. Results are also conveyed to the public through web sites, press releases, and tick warning signs posted on public lands.

Collection sites used over the years have included several sites in proximity to the Finger Lakes: Letchworth

State Park (Livingston County), Watkins Glen State Park (Schuyler County), and Robert H. Treman State Park (Tompkins County). Deer ticks have been collected at all three locations.

Deer ticks carry a number of diseases that can be infectious to humans and as the ticks spread geographically so can the diseases they carry. In New York state (excluding NY City) in 2011, there were more than 7,000 reported cases of Lyme disease, and over 300 cases each of anaplasmosis and babesiosis. While the number of Lyme disease cases has gone up and down over the years, the number of cases of anaplasmosis and babesiosis has steadily increased.

## New York State Annual Tick-borne Disease Summary (excludes NYC)

	2007	2008	2009	2010	2011
Lyme disease*	4187	8344	8226	5589	7276
Anaplasmosis	205	239	241	220	314
Babesiosis	180	222	261	233	361

\* the case definition for Lyme disease changed in 2008

The deer tick is best known for transmitting Lyme disease and New York state continues to have some of the highest numbers of human cases each year.

Interestingly, the pathogens causing anaplasmosis and babesiosis are carried by the same tick that carries Lyme disease. A single deer tick may carry one, two or all three of these diseases. In some areas of New York and New England, ticks carrying Lyme are also infected with either anaplasmosis or babesiosis. So, activities that expose



you to Lyme disease can also expose you to anaplasmosis and babesiosis. While much is known and written about Lyme disease, there is less awareness of babesiosis and anaplasmosis by both the general public and the medical community.

Human babesiosis is caused by a parasite from the genus *Babesia*. It infects red blood cells similar to malaria. In New York, babesiosis cases are not considered common but the number of human cases has been increasing. Babesiosis is considered an emerging infection and as the ticks and animals that are the reservoir for babesiosis have spread to almost every county in New York, it is likely the disease will spread as well.

The symptoms of babesiosis are similar to Lyme disease, including fever, fatigue, headaches, muscle aches, and joint pains. There is not usually a rash. Cases are most commonly reported in the summer and fall when there is the greatest chance of exposure to ticks. The diagnosis can often be made through a simple blood smear but may require more sophisticated lab tests in some cases. Babesiosis infections can last for months if untreated and can sometimes be fatal. The most important thing is to consider babesiosis in the list of possible causes of febrile symptoms because it requires separate testing and treatment from Lyme. The test for Lyme disease does not detect babesiosis and the treatment for Lyme disease does not cure babesiosis. As a rule of thumb, if a person or health care professional is considering the diagnosis of Lyme disease, they should also consider babesiosis as either a primary infection or co-infection and test accordingly.

*Anaplasma phagocytophilum* is a rickettsial agent that causes the disease anaplasmosis. While human cases of anaplasmosis in New York are not frequently reported, the number of cases each year continues to increase. Deer ticks tested from state-wide sampling sites have shown even more geographically widespread evidence of infection with this pathogen than babesiosis. Symptoms of anaplasmosis are similar to Lyme disease and babesiosis: fever, headache, chills and muscle aches. Rash is rare. The spectrum of disease ranges from mild symptoms to very severe disease with hemorrhage, renal failure and neurological problems. Death from anaplasmosis can occur but is rare. The disease can be more severe in persons with depressed immune systems from HIV, cancer, corticosteroids use, and splenectomy. Diagnosis requires special lab tests and some of the tests may be falsely negative if drawn too early in the disease. Doxycycline is the first line

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treatment (similar to Lyme disease). If treated early, fever and other symptoms will improve within 24-28 hours of starting doxycycline.

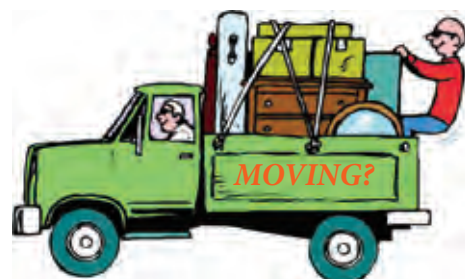
While the nymph stage of the tick is the one most commonly associated with Lyme disease both the nymph and adult tick can transmit some of these diseases. The nymph is the size of a poppy seed and may be difficult to detect while an adult may be the size of a sesame seed and is easier to see. Adults are actively searching for a blood meal during the spring

and fall months. Nymphs are active during the summer months, commonly during June and July. Ticks usually have to be attached for 36 hours or more before disease transmission can occur so detecting and removing ticks soon after venturing into tick habitat may help limit tick-borne disease. The vegetation on trail edges is ideal habitat for ticks. Trail maintainers can help reduce the likelihood of hikers encountering ticks by keeping the footpath vegetation short and keeping vegetation along either side of the trail far enough away from hikers so that the hiker doesn't make contact with it.

Those who spend time outside should take precautions against ticks. Recommendations are to wear long pants tucked into socks, wear light colored clothing so that crawling ticks can be more easily seen and removed, and consider the use of repellants labeled for use against ticks. Check yourself for ticks after sitting on logs, boulders, or on the ground since ticks in the general area may sense your carbon dioxide, body heat, and vibrations and may actively crawl towards you while you are resting.

While you are enjoying the great outdoors – whether it be the FLT or anywhere – keep Brad's chorus in mind and check for ticks!

*The authors would like to thank NYSDOH staff members Melissa Prusinski for state-wide specimen testing, and Keith Tober & Jamie Haight for tick collections in western New York.*



Send **address changes** to Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510 or [fltinfo@fingerlakestrail.org](mailto:fltinfo@fingerlakestrail.org)



# Trail Topics: “Trail Sponsor News”

*Steve Catherman, Vice President of Trail Maintenance*

**Paul Good** from Horseheads has volunteered to maintain three miles of our trail between Access Point 6 at Switzer Hill Road and Access Point 7 at Sugar Hill Road on Map M13 in Schuyler County. Paul assumes responsibility for this section of trail from **Mark and Marie McCulloch**, Crew Advisors for Boy Scout Venture Crew 2674 from Millport. The western portion of this trail needed to be closed last winter and was subsequently rerouted in the summer along an existing NYSDEC horse and snowmobile trail through Sugar Hill State Forest. Paul will be working with Regional Coordinator **Lynda Rummel** this year to reestablish the trail near its original track. We will also be evaluating the suitability of a bridge crossing for badly eroded Pine Creek in which this writer took an unexpected dip last winter while trying to ford it to post some signs and remove some blazes for the closure. Temporary reroutes and raging streams aside, this is a splendid section of trail, including a pretty bivouac area next to the creek in Goundry Hill State Forest and a gentle climb through Sugar Hill State Forest to a ridge line with maximum elevations approaching 1900’.

**Mike and Ruta Granger** from Fillmore are the new Sponsors of 4.5 miles of trail between Access Point 2 at Ballard Road and Access Point 3 at County Route 3 on Map M6 in Allegany County.

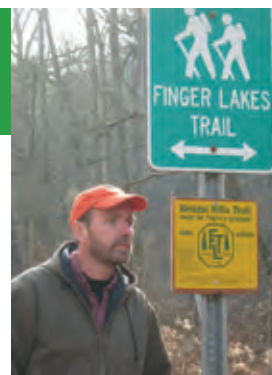
This stretch of trail features a long delightful wooded section and a spur trail along a creek to Marge Hinz campsite, complete with a fire ring, outhouse and picnic table all funded by the National Park Service through our affiliation with the North Country National Scenic Trail. There is also a blue-blazed hunting season and high water bypass along Creek Road that hikers should be aware of. During periods of high water, remaining on the main trail and crossing Sixtown Creek near Access Point 3 is not advisable.

Mike and Ruta have been assisting outgoing maintainer, **Bob Emerson**, for a few years now, until his official retirement last fall after nearly 30 years as a Sponsor of this section of trail! In addition to tending the trail and taking the time to nurture good relations with his landowners, Bob has generously contributed his time to the FLTC in other ways over the years as well. He served as a member on the FLTC Board of Managers, and has participated in many Alley Cat projects, becoming adept at building shelters to the extent that he co-authored the FLTC’s comprehensive Lean-to Manual. He has constructed many trail register boxes and milled, routed, stained and painted many of the

wooden destination signs you see at key junctures along the trail. Thank you, Bob, for your years of dedicated service to our organization!

**Gary Haff** from Bath, Sponsor of a section of main trail on the east end of Map M11 and the Fiona Loop on Map B3 of the Bristol Hills Trail, has added another piece of trail to his resume. With help from local farmer **Dutch Yowell**, Gary will be assuming full-time maintenance duties from retiring Sponsor **Joe Striano** on a 2 mile length of trail on Map M13 in Birdseye Hollow State Forest that he has helped Joe with over the past several years. This section begins at Munson Hill Road and traverses the eastern side of Birdseye Hollow Pond to Steuben County’s day-use park that features a pavilion, picnic tables, grills, portable toilets, fishing and non-motorized boat access and two blue-blazed loop trails. The trail continues, leaving the park and entering a NYSDEC reforestation area and a stand of huge pines, before skirting around an old cemetery and foundation and ending at Access Point 3 on County Route 16.

**Greg Overstrom** from Painted Post will be helping Sponsor **Tom O’Brien** take care of the mowing duties on portions of Tom’s 6 mile trail section in Steuben County on Maps CH2 and CH3 of the Crystal Hills Trail, part of the 2000 mile Great Eastern Trail stretching from Alabama to New York. Spanning both Pinnacle State Park and McCarthy Hill State Forest which contain 22 miles of hiking, cross-country skiing and multi-use trails of their own, the trail ascends past old ski lift towers to the golf course at the top of Orr Hill at 1700’. From the restaurant in the State Park, The Lodge, there are spectacular views of the Canisteo River valley and the Village of Addison below. Continuing eastward, the trail passes a picnic area with bathrooms and running water (in season) and enters the State Forest on a network of existing trails where one can enjoy the newly constructed McCarthy Hill lean-to sited high above a stream in a pretty patch of woods. The trail then loops back into the State Park and descends past Levi Pond, another picnic area with grills and tables, before leaving state land and heading towards the Pennsylvania border where it meets the Midstate Trail.



Tammy Catherman

**Contact: Steve Catherman**  
7399 CR 89  
Bath, NY 14810  
stevec@roadrunner.com  
607-569-3453

# Trail Topics: “Trail Standards”

Lynda Rummel, Vice President of Trail Quality

You may have heard someone say that we have trail standards now. Sometimes this is said with a tone of disparagement, or at least frustration, as if the standards impose an impossible and unnecessary burden. After all, what the heck are trail standards and who says we have to build our trail to them?

The answers are, first, that “trail standards” are simply specifications for building (and repairing) trail so that it endures in decent condition and we don’t have to rebuild it again right away. And secondly, it’s Mother Earth – that great lady who determines the rugged topography we walk on, the tough flora we cut through, and the heavy rains with which we have to deal – who says we should build our trail to sustainability specs. There’s nothing imperial or magical about them. They are simply the practical guidelines that assure that the trail lasts, and lasts in a condition that contributes to a pleasant hiking experience.

These practical guidelines have been collected from the best practices of landscape design, applied small-scale construction, and civil engineering technology. Before we understood how to build trails, we simply put them straight up and over the hills and down the ravines, usually the shortest route between points. Consequently, trail segments were often really steep and went exactly where every drop of water running down the hillside wanted to go; that is, on the “fall line.” More than anything, this invited erosion, exhausted hikers, and discouraged trail repair since the trail would only erode away again anyway.

According to Tom Gilbert, retired Superintendent of the North Country National Scenic Trail, guidelines for durable, sustainable trail were first pulled together only a couple of decades ago. Since much of the Finger Lakes Trail System was built before then, many trail segments could benefit from some rebuilding and/or modest relocation.

For example, existing trail that goes straight up a steep hillside could be replaced by segments benched-in *across the side* of the hill, using switchbacks if necessary, so that water runs down the hillside *and across the trail*, instead of along it. To do this, you have to remember *just three* simple rules of thumb for creating sustainable trail on a hillside. The first is to run the path at a grade of about 10% up/down *across* the hillside. You can determine the per cent grade at

which a trail moves across the hillside by looking through the eye-piece of a hand held device called a clinometer. This instrument, which is about the size of a small cell phone, is easy to use and can be borrowed from the FLTC office. After some practice, you can get pretty good at guesstimating whether you’ve laid out a 10% grade; it’s definitely less steep than the average deer trail (so avoid all temptation to adopt Bambi’s path), your toes don’t hurt when descending, and you don’t feel it in your calves or plantar fascia when ascending.

The second “rule” is to put a 5% slope *across the trail bed*, from the inside edge of the trail downwards to the outer edge where the hill drops away, to encourage water to run *across and off* the trail and not down it. A 5% out-slope is only about an inch drop over two feet, or a nickel’s diameter over 18”, easy to check.

Third, make sharp switchback turns, not sweeping climbing turns, to reverse direction.

The 5% out-slope and 10% grade together achieve two important purposes simultaneously: water is *not* pulled down the trail, so erosion is minimized, and the hiker makes good progress ascending or descending the hillside while having a pleasant hiking experience. Climbing wide turns at the corners of switchbacks are much preferred by bike and horseback riders, and riding patterns will restructure the turn, allowing water to create an ever-increasing rut and causing hikers to walk off to the side of the trail. However, sharp switchback turns help dissuade riders from using a trail they shouldn’t be riding on.

The general specs outlined above should be tweaked according to terrain conditions or landowner wishes, of course. But if you follow just these three basic specs for benching-in trail, you can’t go wrong. These and other standards and guidelines for building sustainable trail under different land conditions are outlined in the *NCTA Handbook for Trail Design and Maintenance* (available at the FLTC office). Most general sustainable construction techniques are also covered in a free and user-friendly pack-sized manual entitled, *Trail Construction and Maintenance Notebook*, which we make available to everyone



Rolf Zerges

(continued on next page)



who attends our annual fall trail maintainers meetings. The Travelin' Training Team will go on-site to train and help any sponsor who wants to rebuild or relocate small segments of trail. Send me an email ([ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com)) if you want on-site training (and some free help on your section of trail); email the FLTC office if you would like a copy of the *Notebook*.

There are many other "standards" that apply to trail in the FLT System now, but unless there's a silly or inconsistent one about which I don't know, I believe all are reasonable and adopted for good reason. To support this assertion, in my next Trail Topics column I'll review two standards that have been a little contentious.

### Take the Trail Quality Quiz!

Using the information presented above...

Ripples in the sign suggest the lay of the land and simulate most of the major changes in elevation. The sign shows at least one trail segment that is in trouble. Can you identify a segment that is not really sustainable, and, more importantly, explain why? FYI, the map is posted on trails in the Pacific Grove Butterfly Sanctuary, a lovely habitat for Monarchs migrating along the California Coast.



The second photo is of a switchback turn in a trail made by mountain bike riders in the hills behind Capistrano Beach, California. Through the eyes of a hiker looking for trail that's sustainable, several problems can be seen. Can you describe at least two?



### Answers to the Trail Quality Quiz:

1. Although the grades of 8-14% are acceptable, two of the segments descend almost straight down the hillside; i.e., on the "fall line" where water wants to run. Only the middle segment moves *across* the hill side. Despite the fact that the trail surface was compacted and smoothed, erosion is already taking place on the right-hand stretch of trail.
2. Although the terrain looks very dry, downpours occur periodically, as they do in the Finger Lakes Region. This climbing turn *slopes inward*, which means water collects and runs down the *inside* of the tread (rather than running outward and across and off the trail), forming a ditch that separates the trail from the hillside. Gushing water will also cut across the trail, at some point. Remember that one goal of sustainable trail building is to keep users on the trail; on this climbing turn, hikers are forced off the trail by both the severity of the slope and the mud that forms on the inside of the curve. The mountain bike riders who built this trail will have to address its erosion, eventually. The lesson: Make your switchback turns sharp!

**Contact:** Lynda Rummel  
968 Esperanza Drive  
Keuka Park, NY 14478  
[ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com)  
315-536-9484  
315-679-2906 (Jan. - Mar.)

### VOLUNTEER OPPORTUNITY TO DO COOL STUFF

The Finger Lakes Trail Conference is currently seeking one or more volunteers to assist with map development. This individual must be able to navigate our mapping software (Arc View, a product of Arc GIS software). Work will include developing/updating FLT maps for any changes like reroutes or creating new trail maps. Training will be available if needed. Work can be done from the comfort of your home/office. If you or someone you know has questions or is interested, please contact Pat Monahan or Dick Hubbard at [fltinfo@fingerlakestrail.org](mailto:fltinfo@fingerlakestrail.org) or 585/658-9320.



# Trail Topics: Upcoming Alley Cats

*Matt Branneman, Director of Crews & Construction*



Things are starting to take shape for the 2013 construction season. Dates and accommodations for the projects are getting nailed down. Now we just need the volunteers to make them happen. By the end of February I hope to have finalized all the dates and have signup sheets available on the FLTC website or you may contact me directly to discuss any of the projects.

**Alley-Cat 1** Thanks to Rick Roberts for his hard work with NY City Department of Environmental Protection there will be another re-route near Cannonsville Reservoir to take 9 miles off the road. This will be a two part re-route. The first part will move the trail from the road to an abandoned railbed. There are several downed trees and undergrowth that need to be cleared. Three small foot bridges need to be installed over small creeks and drainage. The second part of the re-route will be cutting new trail and will take place in 2014. Tentative dates are June 3rd to 7th.

**Alley-Cat 2** The Chestnut Lean-to in Danby State Forest is in desperate need of replacement. Paul Warrender will be project manager for this Alley-Cat project. An access trail to the site will be cut in April by the Cayuga Trails Club and the dismantling of the existing shelter will take place in May, also headed up by CTC. Check their website for dates if you would like to help out with these tasks. The new project will take place mid to late June with dates to be announced very soon.

**Alley-Cat 3** In Shindagan Hollow State Forest the

demolition and rebuilding of the current tired old bridge over Shindagan Creek will take place in late July, early August. The footings and sills for the bridge on both sides are in need of repair from recent flooding and erosion. A new bridge will be built on the newly repaired footings. Paul Warrender has volunteered again to be project manager.

**Alley-Cat 4** We will build a new lean-to in New Michigan State Forest on Map 23 with Tom Bryden leading as project manager. The DEC has already cut and milled the logs which are waiting to be delivered to the site. Tom has reserved the YMCA Camp for lodging and food prep and dining. This project will take place from September 20th to 25th.

Please consider coming out to help on one of these projects. You don't have to commit to the entire project; you can pick and choose any partial or full days that fit your schedule. I know how precious time is and yours is greatly appreciated each and every time you volunteer, both by me and by everyone who hikes the trail.

**Contact:** Matt Branneman  
715 Hector Street  
Ithaca, NY 14850  
mattbranneman@gmail.com  
607-220-7812

## Volunteer Opportunities

### Specific Items:

- ✧ Project lead for painting window shutters at FLTC HQ in Mt. Morris (excellent group or scout troop project)
- ✧ Spring gardening and outside cleanup project at HQ
- ✧ Kiosk and signage project for trailhead at Mt. Morris Dam parking lot working with the U.S. Army Corps of Engineers. Excellent Scout project with some initial groundwork already completed
- ✧ Assist or lead in the development of FLTC multimedia presentation. Multimedia and video editing skills are critical
- ✧ Help Archivist with paperwork sorting & filing at HQ

### General Items:

- ✧ Assist with envelope stuffing for mailings
- ✧ Sign up for Alley Cat projects. See this page.
- ✧ Volunteer to help at annual spring meeting in Alfred
- ✧ Write articles for the *FLT News*
- ✧ Lead planned hikes
- ✧ Share any other skill you have



For more information:

Office: [FLTinfo@fingerlakestrail.org](mailto:FLTinfo@fingerlakestrail.org) or 585/658-9320 or  
Dick Hubbard: [RDH@buffalo.com](mailto:RDH@buffalo.com) or 716/604-8380.

# 2013 Schuyler County Hike Series

*By Jet Thomas, Schuyler County Hike Series Coordinator*

The 2013 FLTC County Hike Series will cross the 49.5 miles of trail in Schuyler County in six hikes from April through September. The Series will begin in April at the western side of the county on Monterey Road, which is located just over the county line near the eastern edge of Steuben County (map M13), and will continue eastward for four hikes. Hikes #5 and #6 will be made westward, finishing the trail to the eastern edge of the county on Ridge Road in western Tompkins County (M16) and finally ending in September in Clute Park on the shore of Seneca Lake in Watkins Glen, where we will celebrate the completion of the Series with a picnic and awards ceremony.

Schuyler County was named in honor of General Philip Schuyler, one of the four major generals of the Continental Army in the American Revolutionary War, and is noted for its diversity of terrain and beautiful scenery. The trail passes old stone walls and foundations, along with two historic sites, the Six Nations Cemetery and the Buck Settlement Cemetery. It travels along a pre-1850s road, follows the southern edge of the gorge through Watkins Glen State Park, shares part of the Interloken Trail, a branch of the FLT, and skirts the edge of the Schuyler County Veterans Memorial Park.

A substantial portion of the trail winds through four State Forests, South Bradford, Goundry Hill, Sugar Hill, Texas Hollow, and Connecticut Hill Wildlife Management Area. The Finger Lakes National Forest, the only National Forest in NY, contains nearly four miles of the trail. Hikes will vary in length from 6.7 to 9.7 miles and will occur rain or shine. If you have not been exercising yet during this winter, please begin conditioning your muscles soon to prepare for the hilly terrain and long distances.

The series is scheduled for the third Saturday of each month on the following dates: April 20, May 18, June 15, July 20, August 17 and September 21. The fee will remain at \$40 and covers transportation by bus, a completion patch, supplies for the sag wagons and the picnic.



*Ebenezer's Crossing, where the trail takes us across the wide shallow water of Glen Creek on its way downhill into Watkins Glen State Park.*

*Photos by Jet Thomas*

For those who have not participated in a cross-county hike before, the idea is to enable participants to walk a major chunk of the trail in manageable increments without the frustrations of transportation logistics. You don't need two cars, you don't have to walk out and back, AND you get to walk with experienced hike leaders in a group going YOUR speed. Busses carry you to the beginning of each hike, while your car is parked at the end, enabling you to leave whenever your pace gets you there. Volunteer "sag wagons" meet hikers at several road crossings to offer a ride out for the terminally pooped, or first aid, or water if you didn't bring enough.

Meeting places for each hike will be sent to each hiker after registration is received. To register **visit the web site at <http://www.fltconference.org/trails/what-s-happening/hike-programs-2/> or telephone the FLT office at 585/658-9320.**

If you have any questions, please contact the hike coordinator, Jet Thomas, at [jetset@rochester.rr.com](mailto:jetset@rochester.rr.com) or by phone at 585/671-8949. And remember: It's always a glorious day to be in the woods!



## **FLT NAMED HIKE EVENT**

*Saturday, May 25, 2013*

*Wally Wood Spring Hike*

**Leaders:** Alex and Michele Gonzalez.

gonzalez@cortland.edu ✧ (607) 844-8912

**Title of Hike:** Rainbow Hike - FLT Map M19 - Cortland County

### **Hike Description:**

The Rainbow Hike (thus named because the route follows trails of five blaze colors, yellow, green, white, orange, and blue) is 9.4 miles. The hike will take in the following trails: Lithuanian Loop, Irish Loop, FLT, Dabes Diversion, Kuzia Cutoff, and a portion of Cortright/O'Dell Road (scenic dirt road). No car shuttling will be necessary. The hike will also honor Joe Dabes's contributions to the FLTC, since the first and last few miles of the hike will be on land that Joe owns, while the rest of the hike will be on trails that Joe maintains. The hike will take us past Foxfire Lean-to twice, providing shelter (maybe for lunch) if the weather should turn out to be rainy.

This will be a dog-friendly hike (only for well-behaved LEASHED dogs), but hikers who may be nervous around dogs can join part of a separate group that will be hiking dogless and that will start either earlier or later than the main group. Because this hike will involve a good many trail junctions, the leaders will be gathering up the hikers for a head count a little more often than is usual on FLTC hikes. We prefer to err on the side of caution.

### **Meet:**

Babcock Hollow Rd. parking area, which is also the trailhead for the Lithuanian Loop, Map M19, at 10:00 a.m.

### **Directions to Meeting Point:**

From Dryden's four-corners: Take NY Rte. 392 to Owego Hill Rd. Turn right at this three-way. Go to the end of the paved portion of this road at a four-way stop sign. Turn left onto Babcock Hollow Rd. and continue until you start seeing a pair of long ponds on the right. The large gravel parking area is on the right.

From I-81: At the main Cortland exit for NY Rte. 13, turn right off the ramp and follow NY Rte. 13 through Cortland. When Rte. 13 becomes Tompkins St., look for NY Rte. 215 (also called Owego Street) on the left. Turn left at this three-way junction. Follow Rte. 215 all the way to Virgil. Proceed straight through at Virgil's four-corners and follow NY Rte. 392 for less than a mile until you see Owego Hill Rd. on your left. Take it and follow it until its paved portion ends at a four-way junction. Turn left and follow Babcock Hollow Rd. until you start seeing a pair of long ponds on the right. The large gravel parking area is on the right.

## **FLT NAMED HIKE EVENT**

*Saturday, July 27, 2013*

*Sidote Hike, FLT Map 23*

**Meeting Time:** 9:00 AM.

Hike will start around 9:20 AM. (We hope to have Ed Sidote at the trailhead.)

Meet at the Perkins Pond Parking area on Map M23, northwestern Chenango County, between South Otselic and North Pharsalia: from junction of NY 23 with County 42, go north 1.8 miles up 42 to what is labelled Planck Rd. on our map. Park at entrance to Planck (signed Plank), but do not block it, across from pond. Do not drive on Planck.

Long Hike is 9 Miles, on DEC Trail, the FLT, and seasonal roads. Moderate hike with relatively easy climbs. We'll pass by two ponds, two small water crossings, and have lunch at the Perkins Lean-to. We plan on having a sag wagon for the "Long Hike." Warren Johnsen is the hike leader on the 9 mile hike. We might offer two speed groups for the 9 mile adventure, moderate and slightly slower...we do not plan on racing through the woods!

Short Hike is just under 3 miles, on DEC Trail, the FLT, and seasonal road. (Very little elevation involved.) Hike leaders are Donna & Bruce Coon. Snacks and drinks should be sufficient for the short hike.

No car shuttle is necessary, both hikes start and end at the same place.

### **Remember:**

Long Hike, bring your lunch, in addition to snacks & drinks.

Short Hike, bring snacks and drinks.

Looking forward to seeing you.

Warren R Johnsen

aka Trail Dawg

Questions, contact Warren @ 607-373-3054 or wjohnsen@roadrunner.com



# 2013 Howard Beye Memorial Hike

By Doug Cunningham

## Fording the Letchworth Branch Trail

Who would have “thunk “ it?” Fifty-six degrees on January 12th as twenty-five hikers began an easy stroll down the Letchworth Branch of the FLT, Map L1 from Access points F to D. You know, just a fun walk on an unseasonably warm day. That was the plan. It was the first stretch of warm weather after we had had a foot of snow and weeks of cold temperatures. We didn’t anticipate that snowmelt had turned the dozens of small creek crossings on this route into rushing high water. Soon we were slip-sliding down to our first fording experience of the day. Well, we turned a 7.6 mile trek into about 8.6 miles as we searched for places to cross the many angry streams safely. People were scattering about looking for a “good place” to cross each roaring sluice. Once across the first one, someone said, “There are twenty-one more of these.” We all chuckled at this joke. By the end of the day, 4:30 pm for the last ones, the joke was on us. But it was a great run.

The Howard Beye 2013 hike was a success.

Make no mistake, the Finger Lakes Trail Conference is a better organization thanks to Howard’s efforts. Few contributed more to it. Howard would have been proud of the turnout for his hike and proud of the cooperation among us as we helped one another long jump, run, pole vault, stretch, tip toe and be carried (three dogs) over the racing angry waters that were hell-bent for the Genesee River. The balance of the hike was picturesque with spectacular gorges, waterfalls, hemlock stands, and a few ironwood trees. Some neat shagbark hickories made a prominent winter landscape.

The hike was ably and cheerfully led by Cate Concannon, a member of the FLTC Board of Managers (BOM). The President of the FLTC Board, Pat Monahan, drove up from Corning to hike. Jo Taylor, a Wally Wood recipient, and several other BOM members participated. Mark Hopkins was extremely popular as he continuously handed out Rice Crispy treats all day long. Meanwhile Terry and Kim Meacham skillfully kept

herding us on down the trail. Gene Binder did extra duty shuttling folks back to their cars. Roy Tocha, Dharma and Radhika Iyer joined us from the Buffalo-area Foothills Hiking Club. Wade Bittle, Dave Tuttle, John Kelly, Keith Hopkins, Bob Kremens, Laurie Ondrejka, Bill & Sharon Galbraith, Wendy Stevenson, Doug Cunningham, Joanne Facci, Scott Brooks, Georgia Binder, Chris Ashbury, Brock Carmichael, and John Schmitt rounded out the team.

“Where would you rather be than right here, right now?” This refrain floated through my mind many times as all of the hikers bonded throughout this really neat Howard Beye Hike. Howard dedicated himself unselfishly and tirelessly to the preservation and development of the Finger Lakes Trail. When he died in 2008 at age 75, he was well known for the large Alley Cat projects he managed. He had more time for Alley Cat work after 2001 when the FLTC office opened at Mt. Morris Dam at the north end of Letchworth.

Prior to that, the FLTC office was in his basement for seventeen years, where Dorothy Beye filled map orders and Howard provided nearly all administrative and bureaucratic duties for the fledgling organization, in addition to continuous Alley Cat work. All we can do to thank him for his effort is to “pay it forward.”



*Brock Carmichael (bright blue gaiters) and Dave Tuttle (black gaiters) are helping Jo Taylor across. Doug Cunningham looks on from the right, with John Schmitt taking a photo. Sharon Galbraith, Bob Kremens, Kevin Hopkins and I are looking on from the left. Caption by Cate Concannon*

# Jon Bowen Never Meant to Become End-to-End #352

Photos by Jet Thomas

Although in the past I've hiked on sections of the FLT, I hadn't planned on hiking the entire trail until the Cattaraugus County Hike Series. I am not a big fan of road walks and the FLT has a long one in our midstate area through Blodgett Mills and along route 11 so I had no desire to walk this section or any of the other lengthy roadwalks.

But in 2008, seven other members of our ADK-Onondaga Chapter were going to participate in the Cattaraugus series so I decided to join them anyway. It was an interesting experience in contrasts and contradictions: 80 degrees in April on a roadwalk, sag wagons along the trail that I had never experienced hiking in the Adirondacks, some participants who were more concerned about finishing the hike than experiencing the woods and surroundings, and Waldo. When the series was over, I wasn't sure about doing another one.

Pat Monahan, the coordinator for the series, was "retiring" to an "easier" position as FLTC President and the FLTC needed a new coordinator for the following year. By November, no one seemed interested in leading these hikes, and as a new Board of Managers member, I thought I might be able to take this on. Pat sat down with me for two hours, explained all the "ins and outs," and answered all my questions. After discussing this with my wife, Kathy, I decided to move forward with this.

The following weekend, we drove around the Catskills sometimes in blinding snow to find road crossings where we could park 50 cars and where buses would have access. Although I had a written plan prior to visiting the area, I soon found the first planned segment would not work. As a result, we spent many hours figuring out a hike plot.

Another logistical problem was faced when we prehiked each segment. Kathy was with me a few times so our two cars worked well. Some segments that I hiked alone were aided by Ed Sidote who found me a Trail Angel. It seemed Ed knew everyone along the trail. On the prehikes we found many areas that hadn't been maintained recently; one section had so many briars that we were scratched and bleeding at the end. Thanks to Ed, members of the Bullthistles Club came out for five hours with weedwhackers to clear the trail prior to the hike.

This hike series was a learning process for me. Most things went well, except for the final hike that I had planned for a longer segment than was warranted, so the final picnic was a very extended affair! By sunset, I set out at the end of the hike to attempt to find the final group. They were near the end and made it out before complete darkness.

By then most earlier hikers had left the picnic.

The next year's Chenango County series was a much smoother experience. Ed Sidote again was a great help finding parking in an old quarry and in a farm house yard. I am not a fan of these large group hikes but coordinating the hike series allowed me to do the segments at a more enjoyable level while I kept marching over the trail, map after map. For Chenango County each month we had a small group of Bullthistles and Onondaga Chapter members for the prehikes. It was terrific to have Tom Bryden, the Bullthistle Trail Chair, on our hikes. If there was a problem, he took care of it prior to the scheduled hike.

After Chenango County I passed the coordinator position to Karen Serbonich who coordinated the next two counties, Cortland and Tompkins. This was our "home" area where I had already hiked many of the trail sections. However, I did have to return to walk all the road segments, many out and back and sometimes three sections in a day, done over several years. See what happens when you get bitten by the end-to-end bug?

I really enjoyed hiking Schuyler County. Phil Dankert played "Angel" for me a couple times. Kathy and I hiked several loops in the Sugar Hill State Forest when we were in the area. These were nice woods trails and the weather was good.

During this time I also did the spring and fall weekends, hiking through Watkins Glen State Park, around Claryville in the Catskills, near Swain, etc. These weekends allowed me to finish many different areas.

2012 arrived and I had only sections of Allegany and Steuben Counties remaining. I coerced Kathy into camping at Hickory Hills and staying in hotels in Bath so I could finish the final 80 miles. Now that I've finished, Kathy has realized she has completed almost half the trail with me. Now it looks like I will be back helping her work on HER end-to-end! I must not neglect to mention all the enjoyable people I've met along the way, and thank trail maintainers, trail angels, and hike leaders for the spring and fall weekends.



Jon (left) during the 2010 Chenango County hike series



Jon & Kathy Bowen



# One Happy Enough Landowner

A noteworthy segment of the Finger Lakes Trail in Livingston and Allegany Counties used to cover seven miles of forested private land crossed intermittently by significant stream gullies heading down to the valley below. It had been one of the longest private and forested sections between roads in our system, until, that is, the biggest landowner sold the middle out to a lumber company who cancelled our permission, thereby eliminating most of that long walk. Now the rerouted trail must drop down to the valley and climb back up the other side on a fierce set of switchbacks into a state wildlife management area, Rattlesnake Hill, only to descend again in a few miles to return to the south side and the rest of our trail route around a ski resort at Swain. See Ron Navik's story on page 14.

When the publication of a new map M8 showing the reroute was announced on the FLT e-group, Steve Randall shared the following response:

*I discovered the FLT in 2002 when I purchased hunting property and thought I had the best deer path I'd ever seen crossing it. To my disappointment I later realized it was a hiking trail. So for the past 10 years I have ventured out on the trail. I have attended the past five Wally Wood hikes, completed the Tompkins County series last summer and have hiked other random portions of the trail. Although having the trail on my property caused an occasional inconvenience in the form of minor litter and non-hikers using the trail to gain access to justify trespassing elsewhere on my land, my experience as a landowner has been positive and I was always proud to say I owned a section of the trail. This re-route moves the trail off my property (not by my request) so I will now become a paying member of the FLTC. It was fun being a landowner while it lasted.*

Steve Randall

## Thank You To:

**Sue McIntyre**

**Irene Szabo**

**Ed Sidote**

**Sigi Schwinge**

**Bob & Sue Dickey**

from

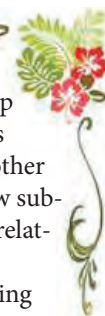
**Joseph Carson**

**For Car Spotting along the FLT**

## Join the FLTC Yahoo! Groups E-mail List

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoogroups.com. Its purpose is to allow the subscribers (approximately 650 people) to communicate information to each other pertaining to FLT hikes and other FLTC activities, and to also allow subscribers to post general hiking-camping-backpacking and/or FLT-related questions that can be answered by any of the other participants. The co-moderators who will oversee the use of this electronic mailing list and offer help with questions are: Larry Blumberg (lblumberg@stny.rr.com) and Jack VanDerzee (vanderze@ithaca.edu).

To join the group, send a note to one of the co-moderators, or go to the FLTC website (fingerlakestrail.org) and follow the instructions for subscribing.



## FLT CONFERENCE MEMBERSHIP FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ County \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Make check payable to the Finger Lakes Trail Conference, mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this form. Annual dues (Membership year runs from April 1 to March 1. Dues paid after Dec. 31 will be applied to the next membership year.)

Individual .....	\$30	Contributing:	
Family .....	\$40	Pathfinder.....	\$50
Student (full-time; give permanent address) .....	\$15	Trailblazer.....	\$75
Youth organization .....	\$15	Guide .....	\$100
Adult organization .....	\$50	Life (individual).....	\$400
Business/Commercial (includes a listing on the FLTC website).....	\$100	Life (family).....	\$600

## Our sincere thanks for gifts in Memory of:

**Nick Vandam**

from

Co-Workers of his wife  
Lucy Gagliardo

**Rosemary (Tommy) Corey**

from

Marjorie Sanford  
Virginia Haugen  
Christina Babcock  
Iva Bowen  
Ed Sidote

**Gerry Benedict**

from

Donald & Carol Clarke



## Answer to the Winter "Name That Map!" Quiz



Theresa Blenis

The picture of rock cairns in the last issue was correctly identified by Ron Abraham, Jon Bowen, Sarah Gravino, Theresa and Max Blenis. The latter couple even sent a photo to prove it. The site is on Map M6, just east of Higgins, immediately west of the beginning of the stretch where we walk on the Buffalo & Susquehanna Railroad bed.

### NAME THAT MAP!



So, you hiked the FLT or parts of it. Let's see how observant you were! Send your guess to:

Next puzzle: can you identify where this picture was taken along the FLT? Send your answer to [jwensich@rochester.rr.com](mailto:jwensich@rochester.rr.com)



## Chain Sawyer Training

Volunteers who use chain saws while working on the Finger Lakes Trail must be certified by means of taking one of the courses we offer twice each spring. Working with one of these trained and equipped sawyers is an inspiration, since they have learned so many intelligent and safe practices that nobody would ever acquire by mere practice. This year sessions will be held both 20-21 April and 18-19 May, in Birdseye Hollow State Forest on Maps M12-13 east of Bath. Lodging is available at the Hammondsport Scout House if desired. As of February, there is one place open in each of the classes, so sign up with Marty Howden immediately. Remember that current sawyers need recertification every three years! Candidates must have personal protective equipment and CPR/First Aid training before the sawyer class.

Marty: [howser51@yahoo.com](mailto:howser51@yahoo.com) or 585/567-8589



## Join the North Country Trail Association

# A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$23 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to:

NCTA, 229 E. Main St., Lowell, MI 49331 or call 866-Hike-NCT

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FINGER LAKES TRAIL CONFERENCE  
6111 Visitor Center Road, Mt. Morris, NY 14510  
585/658-9320, fax: 585/658-2390  
www.fingerlakestrail.org, FLTinfo@fingerlakestrail.org

#### FLTC Staff

**Dick Hubbard**, Executive Director \* 716/604-8380 \* rdh@buffalo.com  
**Jennifer Hopper**, Office Manager/Accounting & Database Assistant  
**Stephanie Spittal**, Order Fulfillment/General Information

#### Officers

**Pat Monahan**, President \* Corning \* 607/936-8312  
\* pmonahan@stny.rr.com  
**Ronald Navik**, VP Trail Preservation \* Penfield \* 585/377-1812  
\* ron.navik@frontiernet.net  
**Steve Catherman**, VP Trail Maintenance \* Bath \* 607/569-3453  
\* stevec@roadrunner.com  
**Lynda Rummel**, VP Trail Quality \* Keuka Park \* 315/536-9484  
\* ljrsoc@roadrunner.com  
**Jarret Lobb**, VP Finance \* Pittsford \* 585/383-1938  
\* fltboard@lobbonline.com  
**Gene Bavis**, VP Membership & Marketing \* Walworth \* 315/986-1474  
\* genebavis@me.com  
**Roy Dando**, Secretary \* Endwell \* 607/785-3141  
\* rdando@verizon.net  
**Quinn Wright**, Treasurer \* Buffalo \* 716/826-1939 \* wrightquinn@hotmail.com  
**Matt Branneman**, Director Crews & Construction \* Ithaca  
\* 607/220-77812 \* mattbranneman@gmail.com  
**Greg Farnham**, Trail Inventory & Mapping \* Fayetteville  
\* 315/877-5762 \* greg@gfarnham.com

#### Board of Managers

##### Terms Expiring 2013

**Cathy Concannon** \* Geneseo \* 585/880-4456 \* catrina616@gmail.com  
**Phil Dankert** \* Ithaca \* 607/257-2578 \* pdankert@twcny.rr.com  
**David Drum** \* Hammondsport \* 607/569-2294 \* drumdl@gmail.com  
**Donna Flood** \* Clarence \* 716/759-6442 \* dmfflood@roadrunner.com  
**Gail Merian** \* Norwich \* 607/334-9794 \* rockhound48@hotmail.com

##### Terms Expiring 2014

**Scott Bahantka** \* Painted Post \* 607/962-7627  
\* sbahantka@stny.rr.com  
**Jon Bowen** \* Baldwinsville \* 315/638-8749 \* jkbowen@gmail.com  
**Donna Coon** \* Binghamton \* 607/237-6311  
\* coledonnarn@yahoo.com  
**Melanie Okoniewski** \* Buffalo \* 716/341-4737  
\* mokoniewski@buffalogames.com  
**Sigi Schwinge** \* East Syracuse \* 315/437-6906 \* sigischwinge@aol.com

##### Terms Expiring 2015

**Doug Cunningham** \* Brockport \* 585/637-3853  
\* dcunnin4@rochester.rr.com  
**Greg Farnham** \* Fayetteville \* 315/877-5762 \* greg@gfarnham.com  
**Roger Hopkins** \* Lansing \* 607/257-9778 \* roger@naturalhighs.net  
**Terry Meacham** \* Hornell \* 607/324-0374 \* meach@infoblvd.net  
**Laurie Ondrejka** \* Avon \* 585/865-1989  
\* laurie.ondrejka@sungardhe.com

## WANTED



The FLTC office is interested in obtaining a digital point-and-click camera for our use. If anyone has an extra or previously used digital camera to donate, it would be gratefully accepted. Please contact the office or Executive Director. FLTinfo@fingerlakestrail.org or rdh@buffalo.com, 585/658-9320 or 716/604-8380 respectively. Best of all would be one that can be set for remote shutter release or timed shutter.



### THANKS TO OUR TRAIL LANDOWNERS

Please accept the appreciation of the Board of Managers of the Finger Lakes Trail Conference and hundreds of hikers for your continuing permission to route the path through your property. Even if your trail's caretaker didn't say so directly yet this year, know that we all are grateful for the privilege of enjoying your back woods, streams, and fields. On behalf of all hikers and FLTC members, we acknowledge that, without your generosity, we would simply never have a continuous trail across upstate New York.

If you would like a copy of our trail map in your property's neighborhood, please ask the FLTC Service Center: [FLTinfo@fingerlakestrail.org](mailto:FLTinfo@fingerlakestrail.org) or 585/658-9320.

### Hiking 101

This year the annual Hiking 101 Series will complete a section of the Bristol Hills Branch trail and will be led by Terry and Kim Meacham. The series will start with Map B3 which is in the Bath/Prattsburg area of Steuben County. Hikes will range from 4.5 to 7 miles and are geared toward the entry level hiker, but the series is open to all levels of hikers. Dates will be the Sunday after the County Series (the 3<sup>rd</sup> Sunday of the month) June through Sept. ( June 16, July 21, Aug 18 and Sept 22)

Hiking 101 is intended for the beginner/ entry level hiker, so pass the word to all your friends who have always wanted to hike, but just didn't know how to get started!

Hike details and registration will be available soon on the FLT website or contact Kim or Terry at 607/324-0374 or meachamk@yahoo.com

# Finger Lakes Trail Conference, Inc.

## Calendar of Events



March 16.....	Board of Managers Meeting, Hobart & Wm. Smith Colleges in Geneva
April 6 .....	Trail Council in Canandaigua
April 20 .....	First hike of Schuyler Cross-County Series
April 20-21 .....	Chainsaw training: one space left. Birdseye Hollow State Forest southeast of Bath
May 17.....	Deadline for Summer FLT News
May 18.....	Club Presidents' Council in Canandaigua
May 18-19.....	Chainsaw training: one space left. Birdseye Hollow
May 25.....	Wally Wood Rainbow hike. See pg. 29
May 31-June 2.....	Spring Weekend and Annual Meeting on June 1 in Alfred
June 1.....	AHS National Trails Day
June 2.....	Board of Managers Meeting in Alfred
June 16.....	First hike of Hiking 101 Series
July 27 .....	Ed Sidote Hike. See pg. 29
October 3-6.....	Fall Campout in the Catskills
Please check the FLT website ( <a href="http://www.fingerlakestrail.org">www.fingerlakestrail.org</a> ) for up-to-date calendar information.	

### Old *FLT News* Issues Archived on Our Website

If you haven't saved every precious issue of your *FLT News* magazines since 1985 (and why not?), now you can check recent prior issues online at [www.fingerlakestrail.org](http://www.fingerlakestrail.org)

All but the most recent issues are now available back through 2006 in the Members section of the website, under Library.

## Mark Your Calendars For The Annual Fall Campout

**Thursday, Oct 3 thru Sunday, Oct 6**

Camp Amahami, near Deposit, NY in the foothills of the Catskill Mountains  
Hosted by the Binghamton-based Triple Cities Hiking Club (TCHC)

Look for full registration info in the Summer edition of the *FLT News* Magazine and on the FLT website (available June 2013)

### Campout Features:

- \* Thursday night lodging in conjunction with Friday breakfast and choice of two full-day Catskill hikes
- \* Full range of Friday afternoon, Saturday, and Sunday hikes from Map M24 to Map M30, including **all the latest Catskill reroutes**
- \* Organized biking Friday afternoon and Saturday
- \* Friday evening hikers' trivia contest and ice cream social
- \* Saturday evening presentation "Around the Globe," by the FLTC's own Jack Vanderzee
- \* Range of accommodations from modern bunk rooms to rustic cabins to bring your own camper or tent
- \* Motels located in Deposit, Bainbridge, Sidney, and Binghamton
- \* Home-style meals supplied by the best chefs the TCHC has to offer !



Photos courtesy of Camp Amahami



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**Dawn along Seeley Creek near its junction with the Chemung River, Chemung County.**  
**Note to self: get outside earlier in the morning!**

*Photo by Vinnie Collins*

